

# School board discusses construction projects

By Karen Krien

The St. Francis Board of Education and administration discussed two major projects for the high school when they met Monday night. Again, as in past meetings, more information on the auditorium and bleachers had been gathered for the board to study but no decisions were made.

The school had received \$70,000 from the Ray and Vergie Rogers estate and at the last meeting, it was suggested that some of the money be spent for air conditioning and new seats for the auditorium in the high school. Superintendent Carl Werner had talked to Lampe Hardware, St. Francis, concerning the air conditioning system which would also include a heating system. Specialists were coming this week to measure and recommend the size, placement and price of the system.

The company that sells bleachers which the board is looking at, also sells chairs for auditoriums. The representative had sent a catalog with styles of chairs but recommended a chair which he said, "would be the best buy for the money."

The chairs would cost between \$115 and \$120 each and included installation. Superintendent Werner estimated that the auditorium, which now has 489 chairs, would take 400 chairs as the new chairs are wider. The cost would be between \$46,000 and \$48,000.

The superintendent said the chair was padded with a new type of memory foam and was 19- to 22-inches wide. The current seats are 18-inches wide. The new seat would be 38-inches tall compared to the current seat height of 31- to 32-inches. The company would send out a sample(s) of chairs for the board to look at and sit in.

During the Christmas vacation, Superintendent Werner was informed that the Goodland visitor bleachers were similar to the bleachers which the board was considering installing on the west side of the football field in St. Francis. He had looked at the bleachers and noted that the size of the Goodland bleachers would probably not be big enough for St. Francis.

The present Indian stadium on the east side of the field seats approximately 832 people. To seat the same number of people, the new west side bleachers would be combined with the present west side bleachers. The new bleachers would have 10 rows and would be 117 feet long.

There would also be a sturdy press box located at the back of the bleachers on the 50-yard line. The total cost would be \$105,202.

The board again compared the bleachers to the permanent stadium. The superintendent said the stadium would cost 20 to 25 percent more than the bleachers and, if for some reason, there would be a need

to build onto the school, there would be no way of moving it. There was also the matter of the cost to be considered.

The board will think about both building projects before making a decision on either project, however, they plan to let bids at the February meeting.

## New school calendar

The proposed 2005-2006 school calendar was presented to the board and principals to study. The new calendar will have school starting Aug. 24 and ending May 24. Different from this school year will be the Easter vacation and Spring Break. This year, both Easter and Spring Break are rolled into one vacation. In 2006, Spring Break will be March 13-17 and Easter vacation will be April 14-17. Students will attend 178 days.

The Meet-and-Confer Committee, with board members Gene Dodd and Bruce Feikert serving on the committee, will be meeting with the teacher representatives to discuss the calendar.

## School finance

The recent announcement that the Supreme Court ruled Kansas schools were not receiving enough money and the Legislature needed to come up with a new plan was discussed. Superintendent Werner said that even if the Legislators were to pump more money into education, it didn't solve all of the problems as St. Francis schools will still have the problem of declining enrollment to deal with.

## In other business

In other business:

- The board agreed to sell the 1994 35-passenger Blue Bird Bus to Midwest Bus Sales of El Reno, Okla., as they had resubmitted a bid for \$4,000. The company had a bid of \$3,506 at the last meeting. The board agreed to sell the bus.

- Superintendent Werner reminded Mr. Dodd, Mr. Feikert and Pete Raile that their board terms will be up this year and the filing deadline will be Jan. 25. Mr. Dodd said he did not plan to run.

- The superintendent reported his travel mileage through the year. The rate paid was \$.375 per mile (actual cost was \$.6236 per mile).

- Board members Bonnie Zweygardt and Sherry Weeks agreed to serve on the Scholarship Committee.

- Principal Scott Carmichael said St. Francis police officers Mark Davidson and Tom Raile along with state trooper Joe Green had met with junior and senior high students where they talked about substance abuse. The principal said it was extremely informative.

- Mrs. Zweygardt said the Chamber secretary had told her there was \$1,900 in the account which has been designated for purchasing a gym floor covering. The board discussed the matter but no decision was made.

## Next meeting

The next meeting of the school board has been scheduled for 7:30 p.m. on Feb. 17 in the board room at the high school.



COMMISSIONERS Andy Beikman and Jane Brubaker signed the proclamation for National Folic Acid Awareness Week which Susan Roelfs (center), Cheyenne County Health Nurse presented to them.

Herald staff photo by Karen Krien

# Folic acid week observed

Cheyenne County Health Department is joining with the National Council on Folic Acid in launching National Folic Acid Awareness Week, Jan. 24-30 — "Our campaign, 'Folic Acid: You Don't Know What You're Missing!'"

"The week will focus on nutrition and overall health, making people aware of the importance of folic acid in their diet and its many life-long benefits," said Susan Roelfs, county health nurse.

The theme of National Folic Acid Awareness Week is especially important since, with the popularity of low-carbohydrate diets, on the increase. The Council on Folic Acid is concerned that people who are consciously curtailing their intake of carbohydrates such as fortified grains are probably unaware that they are not getting essential vitamins and minerals necessary for health and well-being such as folic acid.

Beginning in 1998, the Food and Drug Administration has required the addition of folic acid to enriched breads, cereals, flours, pastas, rice and other grain products. Folic acid is a B-vitamin necessary for proper cell growth. According to the Centers for Disease Control and Prevention, since the introduction of fortification, rates of certain birth defects called neural tube defects have decreased by 26 percent.

Neural tube defects occur in the very early days of pregnancy, before most women know they're pregnant. If women consume 400 micrograms of folic acid daily, they can reduce their risk of having a

neural tube defect-affected pregnancy by up to 70 percent. To get enough folic acid every day, women should take a daily multi-vitamin and eat fortified grains in addition to a variety of foods as part of a healthy diet.

The defects occur when the neural tube, which becomes the spine, does not close properly. The most common neural tube defects are spina bifida and anencephaly. Anencephaly is a fatal condition in which the upper end of the neural tube fails to close. The brain fails to develop completely or is entirely absent.

Spina bifida occurs when the lower end of the neural tube does not close properly, very often resulting in a lesion protruding from an opening in the back. The location and size of the opening can indicate the seriousness of the disability. Problems include paralysis, loss of bowel and bladder control and learning difficulties. According to the Centers for Disease Control, the average total lifetime cost to society for each infant born with spina bifida is approximately \$532,000 per child. This estimate is only an average, and for many children, the total cost may be well above \$1 million. Estimated annual medical care and surgical costs for persons with spina bifida in the United States exceed \$200 million.

Emerging research shows that folic acid has health benefits beyond preventing birth defects. Emerging research indicates that folic acid may reduce the risk of birth defects, such as cleft lip, cleft palate and heart defects. It may also reduce the risk of cardiovascular disease, Alzheimer's disease, and colon, cervical and breast cancer. Folic acid in combination with vitamins B12 and B6 appears to protect the neurons critical for learning and memory that are destroyed as plaques accumulate during Alzheimer's disease.

"We encourage everyone to take 400 micrograms of folic acid every day. The preliminary research findings are exciting, and we believe that taking adequate amounts of folic acid can be beneficial for men and women of all ages," said Anita Boles, chair of the National Council on Folic Acid and Executive Director of the National Healthy Mothers, Healthy Babies Coalition.

To get enough folic acid every day, women should take a daily multi-vitamin and eat fortified grains in addition to a variety of foods as part of a healthy diet.

For more information about folic acid and National Folic Acid Awareness Week, visit the Website of the National Council on Folic Acid, <http://www.folicacidinfo.org>.

# Military decals now available for Vet tags

By Karen Krien

Military decals for veteran vehicle tags are now available at the county treasurer's office. In an article which appeared in last week's Herald and Times, there was some information which was inadvertently omitted.

Dolores Jenik, county treasurer, reported that veterans can get a decal for the branch of the service they were in and one bronze star and one silver star however, they must be placed on the veteran license plate. "The decals cannot be placed on the regular plate," she said.

There is no county fee for the decals but the state does require a small fee for the decals.

The branches available are: Air Force, Army, Coast Guard, Marine Corps, Merchant Marines and Navy.

"Veterans must present a DD-214 military discharge paper which indicates the branch of the service they were discharged from and proof they were awarded either or both the bronze and silver stars."

Decals will be issued to automobiles, trucks up to a gross weight of 20,000 pounds and motorcycles. They will be issued to owners of veteran's tags only.

For more information about the decals, call the treasurer's office at 785-332-8810 or stop by and talk to Treasurer Jenik or any of the staff.

# Bowling News

## Monday Night Mixed 12/27

Team standings: Frewen Insurance 6-2, Captain Hooks Fine Dining 6-2, Twiss & Wilson Drilling 5-3, Fearless 4 Some 4-4, Neitzel Insurance 4-4, Let's Bowl 4-4, Johnson Body Shop 3-5, Krien Pharmacy 0-8

High game (handicap): Tammy Zimbleman 274, Trevor Rushton 256, Randy Johnson 251, Kale Zimbleman 240, Sally Baird 216, Judy Gienger 214

High series (handicap): T. Zimbleman 685, Johnson 651,

Rushton 649, Gienger 623, Earl Hankins 611, Kelly Rushton 602

## Wednesday Afternoon Coffee 12/29

Team standings: Paul's Grocery 4-0, Cheyenne Bowl 4-0, Krien Steel Buildings 3-1, Dairy King 3-1, Windmill Restaurant 1-3, Haigler Babes 1-3, Flower Magic 0-4

High game (scratch): Janice Krien 213, Barb Cobb 192, Linda Query 183

High series (scratch): Krien 557, Query 513, Cobb 511

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- (1) 1992 Zimmatic 7 Tower Model G11 New Hose Drops, 1300 ft. long.
- (1) 1995 Zimmatic 7 Tower Model G11 Aims Advanced Computer Panel, 1301 ft. long.
- (1) 1998 Zimmatic 7 Tower Model G11 11.2/38 Tires and Wheels, 1301 ft. long.
- (1) 1998 Zimmatic 7 Tower Model G11 11.2/24 Tires and Wheels, 1301 ft. long.

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**PUBLIC AUCTION**

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SATURDAY, JANUARY 15TH, 2005 @ 10:30 A.M. CT

LOCATION: 4-H BUILDING, NORTH HWY 25, ATWOOD, KS

VEHICLES & EQUIPMENT: 1981 C10, 2wd 1/2 ton, 4 sp., trans., 305 eng. • 1976 Ford F350, 2WD, extended cab, 460 eng. • 1953 Ford F-500, 13 1/2' B&H, 4 sp. trans., new tires, (excellent condition) • 1979 16' VIP Boat (75 hp Chrysler eng.) • 1993 Ford F-150, XLT 4x4, 300 6 cyl., 5 sp. trans (sharp) • 12' Chain harrow (like new) • 8', 3 pt Box blade

SHOP & LAWN EQUIPMENT: Cherry Picker • Emerson Cleaner (30gal) • Snap-On Parts Washer • Snap-On DCT 3000 Refrigerant Recovery Recycling Center • New tires (15"-16") • Dayton 5 hp Electric Motor (new) • Transmission Jack • Hoffman True Cut 400, Brake lathe • ES 2500 Booster Pack (12 volt) • 2 Ton Floor Jack • Snap-On Torque Wrench • NAPA Slide Hammer Pulley Set • Clutch Alignment Tool • Mighty Vac Vacuum Pump • Snap-On Compression Gauge Set • Ford Ignition Tester • Snap-On PDM MT, 500 amp. Voltage Meter • 2-Engine Stands • Snap-On R12 & 134a AC Gauges (new) • Battery Load Tester • Snap-On Trouble Shooter Scanner (GM-Ford-Chrysler) • Snap-On Bearing Side Hammer • Snap-On MT 460 Tachometer • Forney 180 amp Welder • Snap-On Pry Bars • O-Ring assort • Flaring tool • Robinair Recovery & Recycling System • Gallager M400 Fence Charger (110 volt) • Air compressor w/gas engine • Hydraulic Jacks • Propane heater • Propane tank heater • Grinder on stand • A-Frame w/chain hoist • 3-pt. Post Hole digger w/9" bit • 12 volt Post Hole Digger w/8" bit • Gas Post Hole Digger w/6" bit • Homelite 14" Gas Chain Saw • Bishman Tire Machine • 10" Skil Saw w/blades • Air Bubble • Oxygen Tank (from WWII) • Portable Work bench • Impact Sockets • Timing Lights • Approx. 250 Shop Manuals, (Mitchel, Chilton, Atlas) • Assort of Oil • Air Hose • Exhaust Flex hose • Oil Filters • Blue Point Caulking Gun • Blue Point Injector Harness Test Kit • AC Bottles • Assort. of Parts • Flash Lights • Nails • Electrical Connectors • Vise • Jack stands • Bolt bins • 33" Snapper Riding mower (needs work) • Kawasaki Self Propelled Push Mower • Traveling Sprinkler

FURNITURE & APPLIANCES: Buffet • Bookcase Headboard • Kenmore Electric Dryer • Roper Gas Range • Sharp Microwave • GE VCR • Table w/leaf • Coffee Table • 4 Kitchen Chairs • Lazy Boy Recliner • TV • Foosle Ball Table • Bookcases • Chest of Drawers • Executive Leather Office Chair • Cabinet on rollers • Metal Student Desk • Medicine Chest w/mirror • Corner Shelf • TV Stand • Metal Desk • Small Kitchen Appliances • Chair Lift • Stool Lift • End Table • Radio w/recorder player & speakers • Lamps • File Cabinet • Piano

ANTIQUES: Buffet • Chest of Drawers • Parlor Stove (very good) • Child's Cast Iron Play Stove • Oak Wooden Rocker • Oak Sewing Rocker • Floor Lamp

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